

Stop Living in the Negative.

Total health and total fitness are one and the same to me. You must be mentally, physically, and emotionally fit/healthy to embrace, enjoy, and make the most out of your life.

That being said, what are you doing to enhance your level of fitness, or, to look at the other side of the coin, what are you not doing that is causing you to be unhealthy, or unfit? To get the most out of your life – you've got to stop! Face it, we only have control over the few things in life that, well, we actually have control over. It's a bummer, but it's true.

So much in life feels, seems, and probably is, out of your control – but when it comes to your health – there is a lot you can do – or stop not doing – to be fitter, get healthier, and enjoy your life more. "Those who think they have not time for bodily exercise will sooner or later have to find time for illness." - *Edward Stanley*

Exercise more - this you have control over. Do it. You need to do aerobic and resistance/weight bearing exercise regularly. Walking is a fantastic exercise (and anybody can do it!), it is weight bearing and aerobic and will keep your muscles and bones strong and your heart cardiovascularly fit. Walking is great for losing weight, improving circulation, relieving stress, and helping you sleep better.

So why don't people exercise regularly? Probably for the same reasons that people don't eat well, though they know they should. Eat well – this, too, you have control over, so do it. To start, simply eat less processed and packaged foods and more fresh fruits, vegetables and fish. Stop drinking sugary (and diet) drinks, and drink more water.

Cut out fried, starchy and preserved foods and stop supersizing. Look at your plate and remember that the stomach your food is about to enter is only about the size of your fist - so ease up on the portions. But you know all this – so why oh why can't you/we stick to a healthy diet and regular exercise?

Your psyche: this is the all-important wild card. This is the thing that no one wants to talk about because, well, we haven't quite figured out how to make it work for us. Well, some of us have, sort of.

We know that using repetition for mental conditioning (changing your mind) works, so feed your mind positive images and thoughts of where you want to be, how you want to look, and what you want to do, throughout the day. Stop harping on what you don't have – express your wants as desire, not coming from a place of lack.

We also know that you have to believe what you are saying way deep down inside for it to really manifest in your life, so say it, live it, and do what you can (like exercise, eat and spend money wisely) to feed your subconscious the messages that you do want to be healthy, thin, prosperous, and happy.

And we know that if you live in the negative, you will stay in the negative, so stop berating yourself, stop not taking care of yourself, and stop putting everyone else's needs ahead of yours. Maybe it is easy to say – hard to do – but it's worth a go if you really want to change.

Peace and Good Luck